

All About Me Activities for Thursday

On the Move

Facial Expression Hop

Our faces make so many expressions, let us explore them all!

Materials:

- Paper
- Crayons/markers
- Scissors
- Tape
- Music

Instructions:

1. Cut large circles from paper and draw different facial expressions (happy, sad, angry, surprised, etc.) on each circle.
2. Decorate/color each facial expression.
3. Tape the facial expressions to the floor in a circle.
4. Instruct your toddler to jump from one facial expression to the next and attempt to mimic each expression they land on.

Adventures Online

The Feelings Song

Sing along to this fun tune exploring all the emotions we feel every day. Help your child label their emotions and provide meaning and healthy ways to express the emotions when they feel them.

<https://www.youtube.com/watch?v=-J7HcVLsCrY>

Sensory Time

I Feel...

So many emotions, so how do I feel today?

Materials:

- Magazines
- Scissors
- Bin
- Sand/shredded paper

Instructions:

1. Look through magazines to find pictures of people with a variety of emotions.
2. Cut them out of the magazine and place in the bin.
3. Cover the faces with sand or shredded paper.
4. Have your child dig through to find the faces and name the emotion.
5. Have your child mimic the emotion as they find them.

Story Time

I Like Myself

This ode to self-esteem encourages children to appreciate everything about themselves, inside & out.

Read Aloud: <https://www.youtube.com/watch?v=nOPhJWwVCTY&feature=youtu.be>

Arts and Creativity

All About Me Songs

Have fun singing these songs that show how special and unique you are.

I'm Glad I'm Me (Tune: Twinkle, Twinkle Little Star)

No one looks the way I do.
I have noticed that is true!
No one walks the way I walk.
No one talks the way I talk.
No one plays the way I play.
No one says the things I say.
I am special! I am ME!
There is no one else I'd rather be!

Special Me (Tune: Twinkle, Twinkle, Little Star)

Special, special, special me,
How I wonder what I'll be.
In this big world I can be,
Anything I want to be.
Special, special, special me,
How I wonder what I'll be.